

Abstract

The provision of a GM-CSF increasing agent or a TNF- α modulator, which is a composition comprising Cucurbita moschata, Carthamus tinctorius, Plantago asiatica and 5 Lonicera japonica; or a health food, nutritional supplementary food, or the like for increase of GM-CSF, and the prevention of Crohn's disease and the like, and the prognosis thereof, which comprises Cucurbita moschata, Carthamus tinctorius, Plantago asiatica and Lonicera japonica.

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